

For more information:
www.lacrossestopfalls.org

or call

**The Aging and Disability
Resource Center
608-785-5700**

This Event Offers:

***A Free Copy of the La Crosse County
Falls Prevention Resource Guide***

Free Admission

Free Refreshments

Free Blood Pressure Screenings

Free Handouts

**4TH ANNUAL
FALLS PREVENTION
AWARENESS DAY**



Thursday, September 22, 2016

12:45 – 3:00pm

**First Presbyterian Church
233 West Avenue South
La Crosse, WI**

You are invited to learn:

- How to reduce your risk of falling
- What to do after a fall
- Falls Prevention Resources available in the county

Presentations & Resource Fair

12:45 – 1:00 **Welcome**

1:00 – 1:15 **Balancing Aging and Falls**

Speaker: Dr. Mary Bassing, Geriatric MD

1:15 – 1:30 **I've Fallen and I CAN Get Up**

Learn how to stay calm after a fall and learn the six steps to get back up safely

Speaker: Diane Brose, PT

1:30 – 1:45 **Medication and Falls**

Learn how to take medications safely and learn why this is important to preventing falls

Speaker: Gretchen Kunze, PharmD

1:45 – 2:05 **Break**

2:05 – 2:20 **Aging in Place**

Learn how to live at home longer and safely

Speaker: Home Safety Innovations

2:20 – 2:45 **Strength & Balance Exercise and Bone Health**

Discover how exercise programs can increase strength and balance to reduce falls as well as impact bone health. Stepping On, Strong Seniors and Tai Chi Fundamentals discussed with practice exercises.

Speakers: Gwyneth Straker, PT

Marsha Bateman, PT

Community Resources

Visit with professionals, ask questions about your health and safety, collect information and learn how to reduce your risk of falling. The following agencies will be represented:

- Aging & Disability Resource Center
- Cass Street Pharmacy
- City of La Crosse Fire Department
- Gundersen Health System
- Home Safety Innovations
- Independent Living Resources
- La Crosse County Falls Prevention Coalition
- La Crosse County Health Department
- Mayo Health System
- Stepping On
- Strong Seniors Program
- Tai Chi Program
- Tri-State Ambulance
- Western Wisconsin Cares

1 in 3 people over 65 will fall this year.

Don't be the one!

Stand Tall - Don't Fall